

Park Strengths Workshop Take Away Sheet

What's your strength?

Ideas how you could prove it

I am a strong communicator

Written communication skill evident in reports, correspondence. Verbal communication skills evident in presentations, managing conflict, selling, dealing with customers, active listening, meeting participation and negotiation.

**I am hard working
I have a strong work ethic**

Hard working, works extra hours, completes projects before time, takes on more than others, does more than required, maintains a high quality of work, imposes own standards of excellence, works without supervision, follows up on own.

**I am organised
I'm great at planning**

Evident in time management, prioritizing, using resources effectively, meeting deadlines, multi-tasking, dealing with competing demands, achieving objectives and goals, setting targets, maintaining schedules and calendars, optimal use of available resources, coordination of resources to complete projects.

**I am flexible
I easily adapt**

Able to change activities and priorities to meet new demands, willing to learn new skills and knowledge, make a positive effort to accept changes, able to work and communicate effectively with diverse people, willing to work in different environments, willing to attempt new tasks.

I have strong decision-making/judgment

Gather the necessary information to make a sound decision, come up with viable alternatives, consider pros and cons for each, fully commit to the best action, follow through on decision.

I'm great at problem solving

Able to identify and define problems, analyze problems to find causes, find possible solutions, consider the possible outcomes of each solution, decide on the best solution and implement it.

**I am excellent at gathering,
analyzing and managing
information
I am comfortable analyzing large
amounts of data**

Collect required information efficiently from different sources, integrate information and put it together in a logical format, process information, identify trends and patterns, distribute and communicate information correctly, store and maintain information efficiently.

Motivating others comes easily

**I am strong at
coaching/mentoring**

Willing and able to coach others, enable and facilitate learning, impart knowledge, help people to identify and achieve what they are capable of, assess training and learning needs, adapt teaching/coaching style to meet employee's needs.

I am a brilliant working in teams

Work effectively in a team, contribute to team objectives, communicate effectively with team members, respect, listen to and encourage team members, pitch in, put success of team ahead of individual success.

I am reliable/dependable

Consistent work performance, complete projects accurately and within deadlines, arrive on time, fulfilling obligations, follow through on commitments, checks own work, corrects own work, complies with workplace policies and procedures, takes responsibility for own actions.